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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

HOMEMAKERS' CHAT SATURDAY, February 3, 1940

(FOR BROADCAST USE ONLY)

Subject: MEAT AND FRUIT KEEP COMPANY. Information from the Bureau of Home Economics, United States Department of Agriculture.

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Winter and early spring are seasons when meals often get monotonous. Even the best cook in the world can run short on food ideas at this time of year and fall into the habit of serving the same foods in the same way over and over again.

When meals get monotonous you know what happens to family appetites. And when appetites lag, you know what happens to family health and dispositions. Variety in food makes for hearty appetites and good nutrition.

Fruit and meat are both good foods for picking up appetites. When you find your menus getting into a rut, try combining meat and fruit. You'll be surprised at the number of delicious main dishes you can make with meat and fruit combinations. You can use cooked, canned, and also dried fruits.

Fruits go especially well with fresh pork and cured pork. Old favorite combinations are pork chops and applesauce and roast ham with raisin sauce. But that's just a start. Did you ever try apple and rhubarb sauce with pork chops? The rhubarb gives an extra tart flavor. Did you ever try grated orange rind in your raisin sauce for ham?

You can baste a roast fresh ham with fruit juice. Try ham basted with the sirup from a can of apricots. Serve the apricots hot as a garnish for the platter. Do the same thing with spiced peaches or apricots.

Try baking an inch slice of cured ham in a moderate oven 45 minutes to 1 hour then spreading it with cranberry jelly, sticking in a few whole cloves, and returning it to the oven for 10 minutes.

Or try baking a slice of ham in pineapple juice and then serving it with pineapple slices fried in bacon fat or butter. Or, bake the ham slice in cider.

Many different fruits go well in stuffings for pork cuts. Try chopped apples and onions in breadcrumb stuffing for pork shoulder. Or try chopped raisins and prunes in pork stuffing.

Here's how to fix pork chops with orange stuffing. Buy thick rib pork chops. Then slit a pocket in each chop. Fill that pocket with stuffing made of bread crumbs, diced celery, and grated orange rind, salt and pepper. Skewer the chops with toothpicks, if necessary. Brown the chops on both sides, cover closely and cook slowly about an hour.

But pork is not the only meat that goes well with fruit. Raisins are good in stuffing for veal. Every bride knows how to make veal birds -- those delicious, attractive, and inexpensive tidbits that look and taste so much like little game-birds. To make them, you put a spoonful of savory stuffing on a thin strip of veal cutlet, roll up the meat, bind the roll with bacon, brown in the pan and then cover and bake slowly for about 45 minutes. Veal birds are extra good with raisin stuffing.

But your great opportunity to give the fruits full play is when you make one of those handsome mixed grill platters. Here's one good mixed grill platter:

Broiled lamb chops; sausages; broiled halves of canned peaches; and cooked prunes heated in butter. Another grill might be hamburg patties; broiled lamb kidneys; fried or baked bananas, and hot apricots. Still another might be liver brushed with butter and then broiled and served on a platter with bacon; and broiled pineapple slices. Other good but possibly more expensive additions to a mixed grill at this season are broiled halves of fresh tomatoes, broiled fresh mushrooms, hot ripe or green olives. Whenever you use sausages, ham, or bacon in a mixed grill, fried apples fit in nicely.

By the way, bananas dipped in melted butter and lemon juice and baked 20 minutes in a moderate oven are tops with a broiled steak.

Aside from the fruits to cook along with the meat, don't forget how well the tart fruit jellies and preserves go with meats. Mint jelly and currant jelly are favorites with lamb. Damson plum preserves are just right with veal. Crab-apple jelly and grape jelly both are delicious with pork.

All this talk about cooking meat reminds me to remind you once again of the meat cookery leaflets published by the Department of Agriculture, Washington, D.C. You are welcome to the leaflet on cooking fresh pork or the one on cooking cured pork. You are also welcome to the leaflet on cooking beef and the one on lamb. Just write to the Department of Agriculture, Washington, D.C. and ask for the leaflet on cooking meat being sure to mention the kind of meat you want to know about. As long as the supply lasts any or all of these leaflets are free.

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